



Free Resources from
www.achievementinmind.com



Improving Children's... Visual Sense



Visual images received through the eyes account for 80 - 90% of the information that the brain receives. The eyes relay the images to be processed in the brain - but vision must not be confused with eyesight. Eyesight (visual acuity) is only a small percentage of the outcome of vision (visual perception).

Using combinations of natural vision training, behavioural optometry and eye tacking techniques, the ActEi games in this book aim to improve eye tracking in all direction, depth and near point perception, peripheral vision, colour perception, memory, figure ground, visual closure and more...

Innovative, fun and holistic - a fresh approach to movement education



The 3 books in the ActEi physical development series help children master basic and fundamental movements leading to improvements in the smooth performance of skill.



The 4 books in the ActEi sensory development series help children develop an awareness of their senses, increasing their ability to process sensations and improve physical performance.



The 2 books in the ActEi personal development series help children attain a greater understanding of themselves and increases their positive self concept and sense of who they are.

I Infintie Eights



6 minutes



Individually



track

Purpose: For binocular and lateral visual tracking

Resources: None

Integration Play

- Sitting or lying down you are going to use your thumb to draw a lying down 8.
- Put your thumb above your nose, about twelve inches away. Move the thumb up the left and all the way round in a circle back to the nose. Carry on moving the thumb round the other side and back. Repeat this 8 three times then swap thumbs and carry on.
- While you're drawing the relaxing 8, blink the eyes and breathe gently in and out.



Variations

Draw the relaxing 8 and follow this with a tennis ball in the hand.

In partners. One holds the other person's thumb and makes the relaxing 8 for them

Eyes closed. Eyes open or closed but standing on one leg.

Teaching/Observation Points

- Can they keep following their thumb all the way round?
- Is their thumb moving around in equal circles on the left and right sides?
- Are they able to keep their body still and track across its middle?

Observations